

Scott Spouses Newsletter

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Operation Homefront Is Here to Assist You

Our Mission

Our mission is to provide assistance with day-to-day issues that military families encounter when service members are deployed, therefore allowing them to focus on the war against terrorism and not be preoccupied by the crises at home.

When a situation arises, families do not always have the necessary resources to go about getting the issue resolved, and they may not have any local family members to turn to in time of need. Deployments can be a very lonely and stressful time for families left behind, and Operation Homefront is here to be that "extended family" when difficult times arise.

Our Services

In many cases, we deal with the "Murphy's Law" of deployment; the car, which faithfully took your children to school every day, stops operating, the washing machine dies, or the computer (your lifeline to your deployed service member) crashes. These are the kinds of things that can happen after a service member deploys.

Some of the services we provide to military families in need include:

- Crucial car repair
- Home and appliance repair
- Refurbished computers for families to stay in touch with their deployed loved one
- Local moving & transportation assistance
- Furniture
- Used donated vehicles
- Food distribution & assistance
- Baby items to help welcome a new member of the family

Our Organization

Operation Homefront operates www.CinCHouse.com, the Internet's largest community of military wives and women in uniform. We are a grassroots, volunteer-based community solution that coordinates a team of local volunteers and businesses who offer discounted or pro-bono services to military families facing adversity.

Special Programs

Our St. Louis Chapter runs a regular

radio broadcast on 93.7FM—*The Bull* every Monday morning at 0730 featuring a specific family in need. We don't divulge personal information, just a broad description of the family and its needs. Local people and businesses call in and offer to donate their services or the requested items. We have helped every family that has applied so far. We need to highlight one family each week to keep the radio show going, so we are trying to encourage more applicants. If you need assistance, please visit our website at <http://www.operationhomefront.net/stlouis> and complete the short, totally confidential online application.



Join the MOMS Club of Metro East, Illinois

Ever feel like you're the only mom who stays home? You are not alone! Come meet other at-home moms at the MOMS Club!

The MOMS Club (Moms Offering Moms Support) is an International non-profit organization for at-home mothers everywhere! We help you feel good about your decision to stay home with your children and give you the opportunity to share activities with other



at-home mothers and their children!

Local MOMS Club chapters have meetings with interesting speakers and discussions, park play days, playgroups for preschool children, babysitting co-ops, activity groups like arts and crafts, and a monthly MOMS Night Out (activity groups change according to members' interests). We also perform service projects to help needy children in our community!

Our chapters meet during the day because that's when mothers-at-home need the support and we allow mothers to bring their children with them to our activities!

For more information about our local chapter, call Kim at 618-222-0887 or Stephanie at 618-277-3711, or e-mail us at metroeastmomsclub@yahoo.com.

The international MOMS Club website can be found online at <http://www.momsclub.org>.

Forethought Improves Reunions After Deployment

Reunion is an exciting event, but like separation, it requires adjustments. Help make the adjustments easier by considering expectations, role changes, and budget changes.

Expectations

- Do not expect things to be perfect after a reunion.
- Allow time.
- Be understanding and enjoy each other's company as much as possible.
- Remember, open and honest communication can help solve problems or conflicts.

Role Changes

- Roles and responsibilities may never return to pre-deployment status (people grow and change as time passes).
- Discuss responsibilities until roles are clearly defined again.

Budget Changes

- Reunions add expenses to your budget, such as higher food bills, greater transportation costs, etc., so plan carefully.
- Draft a reunion budget to help point out new spending limits.

The Scott Air Force Base Family

Support Center (FSC) is available to assist you and your family as you cope with the unique aspects of life as an Air Force family. Through our Personal and Family Readiness Program we provide preparation information, education and assistance on deployments and family separations to individuals and their families. These efforts are designed to prepare military members and their families to be optimally prepared for all facets of military life.

Please call TSgt Tom Gonzales of the FSC at 256-8668 for more information on preparing for reunions.

Did You Know...

that spouses are welcome—in fact, encouraged—to attend nearly all pre- and post-deployment meetings with the military member? Pre-deployment briefings are held every Tuesday at 9:00AM and Thursday at 1:00PM. Personnel must outprocess through the FSC prior to deploying. If married, spouses are encouraged to attend this outprocessing appointment. There is a great deal of information that will be passed on to the family and this is an ideal opportunity to see what the Family Support Center has to offer. Get involved, ask questions, and be informed!

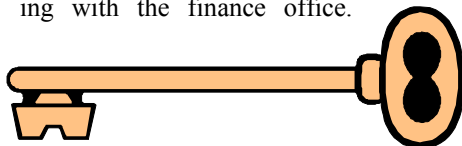
Let Your Key Spouse Help You

The key spouse program is designed to enhance existing family readiness services. Trained volunteers, called Key Spouses, act as a liaison between the squadron/organization and family members to provide an information and referral network for families within their units, especially during, but not limited to, permanent changes of station, deployments, and remote assignments.

Their key responsibilities are to listen, contact, inform, and support. This program is not intended to replace ongoing unit formal or informal support systems but is intended to provide a system where one does not currently exist and enhance and strengthen systems already in place.

This program exists because the Air Force recognizes that existing support

services go a long way toward meeting the needs of our communities. Support means different things to different people. Commanders usually view support in the larger perspective, concerned that people have good housing, medical and other services. First Sergeants provide support by getting things fixed for active duty personnel and their families—arranging appointments or dealing with the finance office.



The military spouse views support very differently; areas of concern for spouses are things such as: loneliness, lack of companionship, disciplining the children, adequate social out-

lets, and handling the finances.

For these reasons the Key Spouse program was developed. The point of this program is to meet the needs of the military spouse and to reduce deployment-related family problems.

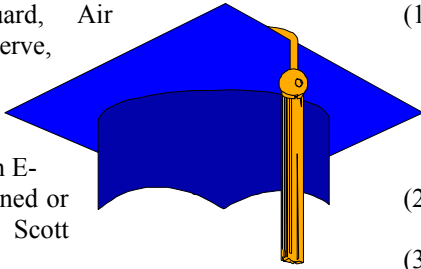
Key Spouses are focal points for information and support to families in their units. They listen when people need to talk, and can point families in the right direction for various services. Key Spouses are important resources for military families because they are *peers*. As Air Force spouses, they “know what it is like!”

Spouses can learn more about the Key Spouse program by contacting their Squadron Commanders or First Sergeants, or by calling Katie Dile at the Family Support Center, 256-8668.

AFSA Chapter 872 Educational/Vocational Grants Available

The Air Force Sergeants Association, Chapter 872, will award two (2) educational grants in the amount of \$250. The purpose of these grants is to assist students in defraying the cost of books, lab fees, or other costs incurred by the student for a given semester, quarter, or course of education. These grants are open to:

- (a) any member currently serving on or having served on active duty (veterans), in the Air National Guard, Air Force Reserve, or retired in the grade of E-1 through E-9 and assigned or attached to Scott AFB.
- (b) civilian dependents of airmen in the grade of E-1 through E-9 assigned or attached to Scott AFB [Sponsor of applicant must possess a valid military identification card or a DD Form 214 (veterans)]. In addition, applicants must be high school graduates attending an accredited



junior college, community college, 4-year university/college, graduate school or vocational training program.

Candidates must submit the following information for consideration by the selection panel. Each package must contain three pages of information (incomplete packages will not be considered):

- a) Page one will contain the following information:
 - (1) Name, rank, organization, home address, duty phone, and home phone. If applicant is a civilian dependent, include rank and organization of sponsor.
 - (2) Applicant's outside activities and interests.
 - (3) Applicant's future goals for business, professional or Air Force career after graduation.
 - (4) Applicant's signature and date of application.
- b) Page two consists of a 150-250 word essay on applicant's purpose for furthering education (1 page

maximum, Times New Roman, 12-pitch 3/4 inch margins).

- c) Page three is a letter or certificate of enrollment on school letterhead for the period of the grant consideration. A letter from the registrar's office will suffice.

Applications must be postmarked no later than Friday **24 September 04**. Any application received with a postmark after this date will not be accepted. Completed applications should be forwarded to:

AFSA Chapter 872
ATTN: Educational Grant Committee
PO Box 25101
Scott AFB IL 62225

An independent panel of judges will make final determination for the education grants. Winners will be notified of their selection and money will be awarded in October 2004. For further assistance, please e-mail or call Educational Grant Committee Chairperson, MSgt Holly Biggerstaff, at holly.biggerstaff@scott.af.mil or 229-

Protect Yourself From Identity Theft

Last year, nearly 10 million Americans had their identities stolen by criminals who rob them and the nation's businesses of nearly \$50 billion through fraudulent transactions. Government has a responsibility to protect citizens from these crimes and the grief and hassle they cause. (Pres. Bush, July 2004)

How can someone steal your identity? Identity theft occurs when someone uses your personal information such as your name, Social Security number, credit card number or other identifying information, without your permission to commit fraud or other crimes.

Identity theft is a serious crime. People whose identities have been stolen can spend months or years—and their hard-earned money—cleaning up the mess thieves have made of their good name and credit record. In the meantime, victims may lose job opportunities, be refused loans, education, hous-

ing or cars, or even get arrested for crimes they didn't commit.

If you think your identity has been stolen, here's what to do now:

- Contact the fraud departments of any one of the three major credit bureaus to place a fraud alert on your credit file. The fraud alert requests creditors to contact you before opening any new accounts or making any changes to your existing accounts. As soon as the credit bureau confirms your fraud alert, the other two credit bureaus will be automatically notified to place fraud alerts, and all three credit reports will be sent to you free of charge.
- Close the accounts that you know or believe have been tampered with or opened fraudulently. Use the *ID Theft Affidavit* when disputing new unauthorized accounts.

- File a police report. Get a copy of the report to submit to your creditors and others that may require proof of the crime.

- File your complaint with the FTC. The FTC maintains a database of identity theft cases used by law enforcement agencies for investigations. Filing a complaint also helps us learn more about identity theft and the problems victims are having so that we can better assist you.

For more in-depth information on recovering from identity theft and help with specific problems, read *ID Theft: When Bad Things Happen to Your Good Name*, available online at the website listed below.

From the 5 August 2004 edition of *U.S. Air Force AIM POINTS* and the *Federal Trade Commission's ID Theft website* at <http://www.consumer.gov/idtheft/>.

Moms, Pops, & Tots Playgroup

This playgroup is for parents and their children ages 5 and under. It meets at the Teen Center (building 386) every Thursday from 9:30-10:30AM. A monthly field trip in the local area is organized by the parents near the end of each month. Activities planned for the month of September are:

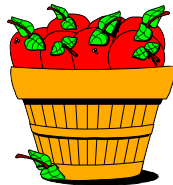
- **2 September—Free Play!** We'll be playing in the gym today and also recognizing those whose birthday is in September. If your child has a birthday this month, you may bring a treat to share with the others!
- **9 September—Story Time and Craft!** The folks from the library will be coming to read us some stories and do an easy, fun craft with us. If your children do not want to sit for a story, they are welcome to play in the gym instead. Story time will be in the adjacent room.
- **16 September—Playful Harmonies!** It's music day with teacher Kathleen. Be ready to sing songs, dance, and have fun with your child.
- **23 September—Field Trip!** Eckert's Country Farm is family owned and operated and is the largest pick-your-own orchard operation in the United States. They feature special children's activities, annual events, festivals, and Eckert's Country Store and Restaurant. There is something for all ages, so pack up the kids and spend the day. (No gym activities available on this field trip outing.)
- **30 September (Extra Thursday)—Free Play!**

For more playgroup information please contact:

Rosalind Anglin, Program Coordinator
cirrusroz@hotmail.com or 628-9271

Lisa Reynolds, Snack Coordinator
lisamikeemma@myrealbox.com

Ella Duncan, Family Advocacy Outreach Manager
ella.duncan@scott.af.mil or 256-7203



Helpful Websites



Military Acclimate

<http://www.militaryacclimate.com/>

Map your move with this financial relocation counseling tool provided by the DoD and the Office of Family Policy. The site is designed specifically for military personnel. Its purpose is to assist in determining:

- The **Cost-of-Move**, which will list the estimated costs associated with making a move based on personal requirements, military allowances, and the selection of a specific military installation.
- The **Cost-of-Living**, which will compare an individual's current financial standard of living to communities surrounding a second military installation location.
- The **Best-Fit** analysis, which will list important neighborhood demographics, along with a ranking of the communities around a selected military installation.
- The **Real Estate Assistance** option, which will provide guidance, advocacy, an introduction to a leading real estate firm, and cash back, if you are considering buying or selling a home.
- The **Mortgage Financing** option, which will provide competitive rates, same day approval and various guarantees.

The allowances and calculations are estimates based on the information that you provide. Your actual allowances, payments, and costs may differ based on your actual move situation or changes to allowances. Click the *JFTR (Joint Federal Travel Regulations)* link for current rules and rates.

After completing your evaluation of a military move, you will also have the option of printing out a detailed report for further review, or linking to other related sites.

Expeditionary Family Event Calendar for September 2004

Date	Event & Time	Location	Phone
3	Reunion Brown Bag Lunch & Guest Speaker, 1130-1230	Family Support Center	256-8668
10	Spaghetti Dinner & Magic Show, 1700-2000 (Sign up by 6 September by calling FSC at 256-8668)	Chapel 2	256-8668
16	Key Spouse Meeting, 1800	Family Support Center	256-8668
16-17	Case Lot Sale	Commissary	256-2783
17	Give Parents a Break, 1800-2200	Child Development Center & Youth Center	256-8668
21	Newcomers Bus Tour of St. Louis, 1200-1600	Departs From Family Support Center	256-8668
29	Town Hall Meeting & Pizza/Karaoke Show, 1700-1900	Rockwell Hall	256-8668

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.
Find more helpful information on our website at <http://public.scott.amc.af.mil/375aw/ids/idscoreteam/>.
